



CONFLICT RESOLUTION

Turning Conflict into Collaboration

We all experience conflict at one time or another—whether at work or with family and friends. The first step toward resolving conflict is to realize you can only control yourself. Be positive and don't gossip. Be complimentary and encouraging, and rely on humor whenever possible.

Disagreements in life are bound to arise. The challenge, however, is learning how to disagree without being disagreeable. Access your program for helpful resources for handling conflict constructively.



Employee Assistance Program

We care, just call.

1-800-222-0364

1-888-262-7848 TTY Users

www.FOH4YOU.com

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